

HEALTH HINTS

Keeping Allergies At Bay

(NAPSA)—Seasonal allergies affect over 35 million people in the United States, according to the American Academy of Allergy, Asthma and Immunology. To keep your allergies at bay, the Institute of Inspection, Cleaning and Restoration Certification (IICRC) recommends these tips for a fresh, pollen-free indoor environment.



Keeping a home's entryways clean can help control allergies.

- **Keep windows closed.** If needed, use air conditioning, which cleans, cools and dries.

- **Keep entryways clean and create a shoe regimen.** Sweep, dust or vacuum outside entryways to avoid tracking pollen and debris into your home. Wipe your feet on the doormat when entering your home or leave shoes by the door.

- **Use high-quality vacuum equipment.** A HEPA-type filter bag and brush agitation are more important considerations than the vacuum's price. A good vacuum should easily remove dust and particles before they become embedded in the carpet. Replace bags when half full.

- **Have furnishings professionally cleaned annually.**

The IICRC recommends hiring reliable, qualified professionals for deep extraction cleaning. To locate an IICRC-Certified Firm in your area, visit www.certifiedcleaners.org or call 1-800-835-4624.